

"Relationships 101"

"Relationships 101" uses a theatrical presentation and interactive dramatic workshops to teach young adults how to engage in healthy relationships and practice safe and positive dating patterns. The goal is to provide foundations for violence prevention, Foster self-worthiness, self esteem, and respect of others.

This initiative is implemented in four workshops.

Duration of each workshop 60- 90 minutes.

- **Session 1** Presentation of an excerpt of the play **"Flowers Aren't Enough"** watch on you-tube <http://www.youtube.com/watch?v=QN75Od3hJf0>

Discussion that introduces the topic to the participants.

- **Session 2** Communication. How do we express our selves??How do we say what we want, say what we need, most important, say what hurts us.
- **Session 3** choices and consequences.
- **Session 4** Take action, how to become facilitators of change.

From each participating school a small group of students is chosen to be part of the Teen advisory board . In the future an interactive cyber space will be created, this space will give participants a place to continue the discussion, find information as well as references to where to get help.

The curriculum has been piloted at Fairfax High ,San Pedro High,Rolling Hills preparatory high school and Gonzales Juvenile detention camp.

Responses to two questions of the 18 asked pre and post "Relationships 101" are particularly affirming to the impact of the program:

1. Its okay to tell your boy/girlfriend you don't want to have sex. True /False

Pre Initiative: 3% said this is true, 97% said this is False

Post Initiative: 100% said this is True , 0% said this is False

2. Its okay for one person to hit the other once in a while. True/False

Pre Initiative -100% said this is true, 0% said this is False

Post Initiative 3.7 % said this is true, 96.2% said this was False

Participants have said about "Relationships 101" :

... I learned that trust and communication is a big part of a relationship. Also, if you are in an unhealthy relationship, get out of it.

....My favorite part of the sessions was the acting and role playing part, because it was exciting and fun.

.....I feel that my relationships will be different now, because I am aware of the signs of abuse and I know how to express how I feel....I learned that, it is OK to say no, and to simply stand up for what you believe in.

I invite you to join me on this incredible journey, and appreciate your support

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